



ITS BEEN A VERY BUSY START TO THE SEASON!!!

Training dates:

VENUE	LAST SESSION 2021	FIRST SESSION 22
Liverpool	Monday 6th Dec	Monday 17th Jan
Blackpool	Monday 13th Dec	Monday 17th Jan
Kendal	Monday 6th Dec	Monday 17th Jan
Carlisle	Sunday 5th Dec	TBC
Cheshire	Wednesday 15th Dec	Wednesday 19th Jan
Partington	Saturday 11th Dec	Saturday 15th Jan

COVID 19 UPDATE

Unfortunately, with the onset of the variant Omicron we feel we need to keep everyone safe in the run up to the Christmas holidays and for the few sessions running up to the Christmas break we will be going back to wearing masks and restricting the numbers in the Community Room at Partington as well as any of our weekly indoor sessions. We would also ask you to remember social distancing of 2m. We will also be taking temperatures again over this next couple of weeks. With all this in mind we have decided to cancel our annual Santa Dash on 11th December at Partington but we would like to encourage everyone to attend their sessions that day in Christmas themed fancy dress or hat 😊 We will look again at how things are in the New Year and will keep you informed of any updates to covid protocols. We really appreciate your patience, cooperation and understanding
THANK YOU



New centre for season 2022-2023

Wigan - Rose Bridge High school Tues evenings 6-7pm, start date tbc. (Sept 22. If you are interested in attending please let us know.

Adult Development squad Fixture 2022

Saturday 8th April V Ireland Development Adult team at Partington Sports Centre.

Advanced groups Ireland Fixtures 2022

Saturday 2nd April we are hoping Ireland juniors will be coming to play our advanced squads. All will be confirmed asap and all covid dependant with travel etc.

Depending on Covid restrictions we are looking at going back over to Ireland in 2022 with our u14/u16 advanced groups on 21st May. If you are in these groups and would like to go please register your interest by emailing us on info@cpunited.com by Fri 10th Dec. We would just ask that you check your passport and that it is up-to-date as it seems to be taking a lot longer to get renewals than normal so we would ask that you have your passport ready just in case we do have the opportunity to go.

Adults 2022

-We are also hoping to go to Ireland for a CP tournament with our Adults squad in Oct 22 but will share info in the new year about this.

-Games v England Amputees: Sunday 16th Jan 11am KO at Reesheath college. (more games v England Amputees will be confirmed in the new year)

Foundation/Early development group fixtures

We are working hard to get more fixtures in the new year for these groups and will update you as soon as we can.

League Games 2022

*U13 - Warrington Inclusion League : 24th Jan, 28th Feb, 21st Mar, 18th April

*U16 - GMAC League - 18th Mar, 22nd Apr, 20th May

*Adult Development LAC League - 29th Jan, 26th Feb, 26th Mar, 30th Apr

*Adults - LAC league - 29th Jan, 26th Feb, 26th Mar, 30th Apr

*Adults - pan disability team - FEB (TBC)

FIXTURE PLANS FOR THE NEW YEAR

We are hoping to play:

*Play v MUFC at the Cliff training ground across various age groups

* Play England Amputee's across various age groups

*Hosting another festival at Partington for all our players to come along to from across the region and hopefully players from other clubs can join us too.

*Play at the Challenge Cup - Adult Tournament at St Georges Park on 12th March

FIXTURES SO FAR

Well done to all who have taken part in the fixtures so far this season. Its great to be finally playing competitive games again.

SURREY - CP GAMES - ADULTS - Sat 20th Nov



We had a brilliant day down in Surrey for some CP specific fixtures with one of our adults teams.

Thank you to Surrey CP for hosting and to all the other teams for welcoming us, it was great to see everyone.

Well done to all our players. We have such a young exciting squad which also included 3 of our U16 yesterday who stepped up (due to player illness/injury/commitments) and did amazingly well!

Thank you to all our coaches, volunteers and support staff for your hard work in getting us there and on the day.

Thanks also to all the parents, family members and some of our younger players who came along to watch and support us.

U8's/U12's/U13's Vs Stoke CP

What a great day at Partington sports Village for our World Cerebral Palsy Day Festival in October.

-Thank you so much to all our volunteers and coaches for your hard work to prepare and deliver today.

-Thanks to all parents and spectators for your support and helping to create such a lovely environment

-Thanks to Bryan and Poppy from the Cabin cafe in Doncaster who came to serve us some amazing pancakes and helped us to raise £200!! They were delicious 😊😊😊

-Thanks to our friends from Stoke City CP who came to play with us and to all our players for making it such a great day.. We loved watching you all play football again 😊🏀



We look forward to doing it all again in the new year!!!





STEVE MORGAN FOUNDATION



We've had some great news that we are shortlisted for the @stevemorganfdn Awards!

We could win £10k which will help us provide support for our members through our football & charity support programs We're in the 'Changing Young Lives' 'Below £250,000' category If you want to vote for us that would be amazing, just follow the link below. Thank you! 😊
<https://t.co/BH0pPRwGwV>

WE WELCOME OUR NEW TRUSTEES:

In the summer Phil & Abbie Coney stepped down as Trustees from CPUFC Charity and we would like to thank them for the past few years of being a big part of our wonderful trustee team, for their amazing support and hard work in getting us where we are today. We would like to welcome:

Kirsty Morgan

Kirsty is a Band 7 Community Physiotherapist for the Liverpool Community Physiotherapy Service. Kirsty has followed us for quite a few years now and its great to have Kirsty's knowledge and support on board.

Sue Balmer

Some you may remember Sue who was previously the Manager of Partington Sports Village, Sue recently moved jobs but wanted to stay in touch with us so has joined the board of Trustees.

Elizabeth Casey

Elizabeth joins us our Club Treasurer and will oversee the day to day accounts of CPUFC from Jan 2022

James Wilcock

James (who we are sure you will all know) has taken the post as Chairman of the Trustees. James's work commitments has meant that he hasn't been able to be part of the coaching side of things and he wanted to still be part of the club.

We would like to thank the continued support of our other Trustees, James and Alice Trafford and Dan Carter.

For full information of Trustees and Committee Members please see our website.

NEW VOLUNTEERS/COACHES

Over the next few weeks, you will start to see some new faces appear in the coaching/volunteering staff across all centres.

Over recent months we have welcomed Joey Duncalf and Phil Murray as coaches at Liverpool.

Janette Marshall at Kendal

Tommy Loughran at Partington.

And most recently Mark Moore at Liverpool

Thank you for your support and hard work so far.

Over the next few weeks you will also see that we have a few student physios joining us from Liverpool University, Keele University, Salford and Lancaster. This is great news for us as our club is growing all the time and we need lots of helping hands.

Coch/support staff/volunteer education:

We are due to deliver another workshop early in the new year around brain development and look forward to hopefully doing this in person. This will be our 3rd workshop and all adds to the knowledge and skill set of everyone who helps out at CPUFC to ensure we are always doing the very best we can to support all our members and their families. Next workshop will Saturday 5th February with the amazing Sally Needham.

THANK YOU'S



Thank you to Poppy

Poppy (and her mum) contacted us during the summer to say that Poppy wanted to do something to help other children enjoy playing football just as much as she does and that she would like to raise some money to help out a charity and she very kindly chose us.

Poppy had a lovely day and lots of fun doing her dribbling challenge and raised an amazing amount of money for us. We hope Poppy will be able to visit us soon.



Thank you to Eamonn

Eamonn (one of our Adult Players) his brothers and his Dad completed the Manchester 10k. Thank you so much for helping us to raise much needed funds for our club and charity programmes.

Thank you to equipment people at Cheshire

Thank you so much to The Connor Ruscoe Memorial Fund (CRMF) who have very kindly donated some new balls and another dizzy whizzy machine to be used at Cheshire and support the development of core strength.



Thanks to Taylor and Mick from CRMF who came to visit and gift the new equipment.

We've also had a very kind donation from Concept Car Credit, who have also donated £315 worth of equipment to our Cheshire centre.



Thank you to Mark Worthington Foundation for donating £3,000 towards the delivery of our Futures Program. We look forward to welcoming some of their Trustee's to see us at Partington in the next few weeks.



Thank you to Bryan Elliott What a great day at Partington Sports Village for our World Cerebral Palsy Day Festival.

Thanks to Bryan and Poppy from the Cabin cafe in Doncaster who came to serve us some amazing pancakes and helped us to raise £200!! They were delicious 😊🍌😊

Thanks to our friends from Stoke City CP who came to play with us and to all our players for making it such a great day.. We loved watching you all play football again 😊🏈



Thank you to Will Simpson Congratulations to Will Simpson who completed the Coniston 14 challenge and very kindly raised some money for us in the process. (and well done to Oscar for helping with the training)

Thank you to all the parents and players who have recently sent in donations – it's amazing and we are so very grateful.

National Winners 2017
FA Charter Standard Development Club of the Year



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Cerebral Palsy United FC



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FUTURE FUNDRAISING:

Anything you can do to help and support externally would be such a big help and very much appreciated

AMAZON SMILE – YOUR CHRISTMAS SHOPPING CAN HELP RAISE FUNDS FOR US



In the run up to Christmas and with many people doing a lot of their shopping on line please give us some thought when you are shopping via Amazon. We are a registered charity on Amazon Smile. As more and more is being

purchased online please help us to raise some money whilst doing your shopping 😊

Using the link below will allow you to automatically assign us as your preferred charity for Amazon to donate to.

<https://smile.amazon.co.uk/ch/1175709-0>

Thank you for your continued support. Happy shopping 😊

FAMILY ENGAGEMENT PROGRAM

Having had a chat with some of our newer members families it has made us realise just how much the newer players (players who have come to us since Feb 2020) have had a very different experience to how things usually are at CPUFC

All the things you've mentioned about getting to know people and mixing etc have all been part of what families did experience pre covid, but since we haven't been using the community room as much, or at all for long periods this last 20 months you really haven't had the same experience as other families have had pre covid.

In the New Year (from Feb onwards and subject to covid restrictions) we are going to start up our family engagement programme again. This is one of our charity programs but as we are sure you can understand and appreciate we couldn't start everything back all at once for numerous reasons.

Our priority was to get the football programmes up and running, then the extras programme, then the futures programme, then the community engagement program...and then the family engagement program.

We are nearly there!!! Our aim was within 6 months (which is March so we are ahead of schedule)

Within the family engagement program, the community room at Partington, will be back in use for specific family get togethers whilst the children train, so instead of having to sit in your cars you can come in and have a drink together and socialise. There will also be an info table for anyone to share useful things. In the past we've had parents share CP specific aids and events etc and support each other. It's all very informal but feedback has always been so positive from families. Unfortunately it just hadn't been possible since covid with all the restrictions.

From this people have organically created friendship groups and keep in touch outside of football.

We are looking to encourage this also at our weekly sessions in Liverpool, Blackpool, Kendal, Cheshire and Carlisle.

FUTURES PROGRAM



Last month we launched our futures program for 2021-22. We have had 23 young volunteers (including cpufc players and youngsters who don't have a disability) aged 13+ sign up. We are so grateful for their help and support and excited to see

them develop within the program this season and beyond. Workshop dates for this program tbc as soon as possible.

Thanks again to the Mark Worthington foundation for contributing towards the running of this programme for the next 8 months. We will be starting our workshops in the coming months at Partington and will let you know the dates of these in the new year

COMMUNITY PROGRAM



Early start for Michelle and Ruth when they attended the Kidz to Adulz North event, one of the UK largest exhibitions totally dedicated to children and young adults with disabilities and additional needs. Great to be invited to a such a great event

and share all things CPUFC 🏈😊

We had a great day in September at the Disability Awareness Day in Warrington Thank you @WDPcomms for the invite.




Big thank you to all our volunteers who came to help on the day too; players, coaches, parents support & staff...you were amazing & did so well with the skills station & in sharing what we do with people who came to chat 😊

We had a great night at our Liverpool centre recently and welcomed 11 more Student physios to our support staff team. In order to help us keep up with the growth we are seeing we've recently engaged with universities from around our region to provide opportunities for student physios to come along and gain some hands on experience working with our young players and supporting them with their physical development and fundamental movement skills. To date we have 11 students at Liverpool, 5 at Cheshire, 2 at Manchester, 2 at Carlisle and we are working hard to get some support at our Kendal and Blackpool centres too.

We'll share more about this exciting new project that sits in our charities 'community program' in the new year.

Well done and THANK YOU to all the students we have involved so far, you have been amazing and we are very lucky to have you all on board. 😊🏈

COACHA

 This season we decided to use the app Coacha as a ways and means of getting everyone registered. With the growth of the centres and numbers and club as a whole we needed to come away from paper forms and have everyone's info stored in one accessible place. The app is working well and as some of you have noticed it also has other features. I.e; booking onto sessions. Initially we just used it for registration purposes but have since used it to group text for getting information out quickly to a large amount of people. Our next job is to train our coaches on how to access their groups and take registers and check who is attending. Please still bear with us as we are getting to know what works for us and what doesn't and in the not too distant future be relating information on how to use the system in other ways in relation to the club and helping us with communication.

THANK YOU FOR BEARING WITH US 😊

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[cpunited_fc](https://www.instagram.com/cpunited_fc)



COACHES CORNER



Hello everyone

Its been a very busy start to the season and before we know it here we are part way through.

We are so happy to have all our centres up and running again, albeit with a little disruption here and there. Thank you all for taking the time to read the letter we sent out a few weeks back and for your understanding and patience. We are still in the battle with COVID 19 and all it has brought with it but will continue to try our best and provide as many opportunities as possible for all our players and families.

I wanted to take the time in this Coaches Corner to mention all the fixtures we have had since we started back. Each age group that fixtures are relevant to we have managed to offer something and we are really pleased to see you all playing again. We also have 3 monthly leagues that we are involved in across different age groups and squads and your help with communication and confirming availability for these so very much appreciated.

I just wanted to take the opportunity to thank you all so far for your support with fixtures and in helping us to create to right learning environment for all our players and our opposition. It's a good chance to share a reminder about what we need from parents and spectators on match days and at training, and why. We have lots of new players at our club so also just wanted to share our best practice with you all too. We ask for all parents and spectators to adhere to our respect policy and to remember that it is not our game to play...it's the players. We are grateful for your encouragement and reassurance for both teams on the pitch, but all the coaching and information please leave to the coaches. The reason we ask this of you is that is its extremely confusing for players, young and old to listen to so many voices (especially if they have some learning and processing challenges) and for their long term development we want them to make their own decisions and own mistakes on the pitch as much as possible. Sometimes what spectators think is helping is actually a hindrance to the learning process, the enjoyment and experience that the players have. It can negatively impact the environment we know we need to create and we need to avoid that, and that is why we have these things in place. We ask that all parents and spectators stay in the designated areas and that players have all they need with them at pitch side so they are not going back and forth to the side lines for drinks etc. We have very rarely had any problems and think regular communication and reminders helps with this. We accept it's sometimes hard when we play away and other spectators don't behave in the same way, but as long as we are doing all we can to help make the environment a really positive one where lots of learning and fun can happen then we are winning :)

Thanks again for all your support with this, you really do all make such a big difference.

PLEASE REMEMBER:



- This is THEIR "GAME"
- They "PLAY" and it should be Fun and full of creativity (Which WILL be messy!)
- They are children NOT mini Adult's (It won't look like match of the day)
- Only the coaches should be Coaching (that includes before, during & after training/games and at training)
- Please show RESPECT (to everyone ...including the players)
- Sit back and ENJOY watching your child's DEVELOPMENT

Thank you for your support 🙏

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Cerebral Palsy United FC



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Registered Charity Number: 1175709

SAFEGUARDING:

Please note our Safeguarding officers:-

Colin Scholes – Manchester/ Cheshire/Cumbria

James Trafford – Manchester/ Liverpool

Alan Williams – Lancashire

EVERYONE should feel safe playing the game we love.

The FA are launching #PlaySafe a national campaign in partnership with @NSPCC to ensure everyone understands how to play their part.

We are ALL responsible for looking after each.



For more info on all our safeguarding policies, procedures and protocols please visit our website. Colin Scholes is our club welfare officer and can help you with any questions and can be contacted at safeguarding@cpunited.co.uk

<https://www.cpunited.co.uk/safeguarding-welfare-support/>

LINKEDIN

We now have a LinkedIn page thanks to Dan, one of our lovely Trustee's 😊

If you use the platform it'd be great if you could 'hit share' with your own network on there.

Our first article is about the launch of this seasons Futures programme 🏀

<https://www.linkedin.com/.../futures-programme-launches...>

CPUFC KIT & CLUB SHOP

We have just taken stock of some more CPUFC Training kit in particular drill tops, t shirts and shorts (unfortunately the very small sizes we only have a few in stock) we do have adult and youth sizes, if you would like any for Christmas Presents or just as new stock up please see Ruth or Brian at Partington or speak to your Group Coach who will find out any information for you.

We also have a good stock of football boots in the container at Partington and we would encourage anyone to take a look, particularly the younger players whose feet tend to grow every week 😊 We have lots of practically new boots in stock so please again just speak to Ruth or Brian.

Remember you can buy your new kit or replace old/lost kit at our online club shop. Please follow this link...

<http://www.clubwebshop.com/a-z/clubs/cerebralpalsyunitedfc/>



You will need to register as a member before you can buy anything *please note you may have to attach the club badge to garments if it is not already assigned to the item. The main training club wear is found in the **Training Wear** tab.



We are officially a Nike partner club, which means our club shop will stay the same but we get bigger discounts, plus some other benefits which is great!



**FROM ALL THE STAFF, COMMITTEE MEMBERS
& TRUSTEES AT CP UNITED WE WOULD LIKE
TO WISH ALL OUR PLAYERS AND THEIR
FAMILIES A VERY HAPPY CHRISTMAS AND
NEW YEAR
AND A VERY BIG THANK YOU FOR ALL YOUR
SUPPORT.**



MONTHLY DONATIONS

As we said above during this very uncertain time we feel it is only right to acknowledge that you may have to suspend your monthly donations to CPUFC due to the financial implications of the Corona Virus. PLEASE don't worry if that is the case we can always get them set back up again in the coming month's or whenever possible.

If you do want to make donations you can do this using the details below.

SORT CODE: 30-84-63

ACCOUNT NO: 57958560

ACCOUNT NAME: CP UNITED FOOTBALL CLUB

Remember Our Club Values:

- ⚽ Be kind to yourself and others
- ⚽ Show respect to yourself and others
- ⚽ Look after one another and yourself



BE THE BEST YOU CAN BE

